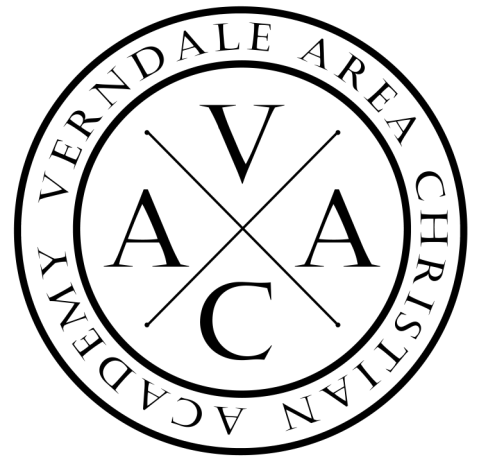


Verndale Area Christian Academy

Meal Menu - 6 Week Rotation



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast: French Toast Sticks† Oranges 100% Juice Milk* Lunch: Chicken Strips† Diced Potatoes Applesauce Milk*	Breakfast: Egg & Chz on Bagel† Pears 100% Juice Milk* Lunch: Taco Meat Refried Beans & Corn Banana Corn Chips† Milk*	Breakfast: Pancakes Peaches 100% Juice Milk* Lunch: Grilled Chz Sandwich† Broccoli Pears & Yogurt Yogurt Milk*	Breakfast: Life Cereal† Raisins 100% Juice Milk* Lunch: Beefy Lasagna Carrots Pineapple Milk*	Breakfast: Cinnamon Roll† Apple Slices 100% Juice Milk* Lunch: Chicken Patty on Bun† Green Beans Mixed Fruit Milk*
2	Breakfast: Eggo Waffle† Strawberry 100% Juice Milk* Lunch: Corn Dog† Broccoli Oranges Milk*	Breakfast: Egg & Chz on Biscuit† Banana 100% Juice Milk* Lunch: Tortilla† Burger w/ Chz French Fries Apple Slices Milk*	Breakfast: Apple Filled Donut† Craisins 100% Juice Milk* Lunch: Pasta—Spg. Mt. Sauce Carrots Applesauce Milk*	Breakfast: Kix Cereal† Pineapple 100% Juice Milk* Lunch: Hot Ham & Chz - Bun† Green Beans Pears Milk*	Breakfast: Yogurt w/ Grm Crkr† Peaches 100% Juice Milk* Lunch: Hotdog on Bun† Taco Flvr Black Beans Mixed Fruit Milk*
3	Breakfast: Bagel† w/ Strb Crm Apples 100% Juice Milk* Lunch: Cheeseburger on Bun† Baked Beans Oranges Milk*	Breakfast: Egg & Chz - Eng Muff† Craisins 100% Juice Milk* Lunch: Pulled Pork on Bun† Garlic Mash Potatoes Pears Milk*	Breakfast: Biscuit† & Sausage Oranges 100% Juice Milk* Lunch: Bosco Sticks Pizza Sauce Apples Milk*	Breakfast: Frosted Mini-Wheats† Banana 100% Juice Milk* Lunch: Mac & Chz w/ Hotdogs Green Beans Peaches Milk*	Breakfast: Breakfast Pizza† Pineapple 100% Juice Milk* Lunch: Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*
4	Breakfast: French Toast Sticks† Raisins 100% Juice Milk* Lunch: Corn Dogs† Green Beans Craisins Milk*	Breakfast: Egg & Chz on Bagel† Peaches 100% Juice Milk* Lunch: Beefy Lasagna Carrots Pears Milk*	Breakfast: Pancakes Strawberries 100% Juice Milk* Lunch: Grilled Chz Sandwich† Broccoli Pineapple Yogurt Milk*	Breakfast: Life Cereal† Banana 100% Juice Milk* Lunch: Tator Tot Hotdish Oranges Dinner Roll† Milk*	Breakfast: Cinnamon Roll† Apples 100% Juice Milk* Lunch: Chicken Patty on Bun† Baked Beans Mixed Fruit Milk*
5	Breakfast: Eggo Waffles† Pears 100% Juice Milk* Lunch: Hotdog on Bun† Garlic Mash Potatoes Oranges Milk*	Breakfast: Egg & Chz on Bisc† Banana 100% Juice Milk* Lunch: Chicken Strips† Carrots Peaches Milk*	Breakfast: Apple Filled Donut† Applesauce 100% Juice Milk* Lunch: Fajita Chicken Meat Black Beans & Corn Corn Chips† Pineapple Milk*	Breakfast: Kix Cereal† Craisins 100% Juice Milk* Lunch: Tortilla† Burger Green Beans Raisins Milk*	Breakfast: Yogurt w/ Grm Crkr† Apples 100% Juice Milk* Lunch: Hot Ham & Chz - Bun† Broccoli Mixed Fruit Milk*
6	Breakfast: Bagel† w/ Strb Crm Banana 100% Juice Milk* Lunch: Bosco Sticks Pizza Sauce Pineapple Milk*	Breakfast: Egg & Chz - Eng Muff† Raisins 100% Juice Milk* Lunch: Pulled Pork on Bun† Garlic Mash Potatoes Pears Milk*	Breakfast: Biscuit† & Sausage Peaches 100% Juice Milk* Lunch: Cheese Burger - Bun† Green Beans Applesauce Milk*	Breakfast: Frosted Mini-Wheats† Craisins 100% Juice Milk* Lunch: Mac & Chz w/ Hotdogs Baked Beans Oranges Milk*	Breakfast: Breakfast Pizza† Apples 100% Juice Milk* Lunch: Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*

VACA Events:

- Aug 12th - 16th
VACA Elem Break
- Aug 30th - VACA
Closed
- Sep 2nd - Labor
Day - VACA Closed
- Sep 30th - Oct 4th
VACA Elem Break
- Oct 10th - Parent/
Teacher Conf.
- Oct 17th & 18th—
MEA Break - No
Extended Ed

- Week 1 *Whole Milk served for Infants to 24 months, 25 months and older served Low-Fat (1%) milk
- Week 2 †Whole Grain - served daily
- Week 3 +Menu Items area subject to change based on availability or Kitchen Staff discretion
- Week 4 ++Meal Patterns are in accordance to the National School Lunch Program
- Week 5
- Week 6

~This institution is an equal opportunity provider~

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		